

SMOKING BROKEN

HOW TO CHASE STREET HEROIN

TOOT

SHOOT



Becoming an Injector



Getting Arrested



Overdose

Addiction

Abscesses



Addiction

Overdose



HIV/AIDS



Hep B & C



Ulcers



Deep Vein Thrombosis



Getting Arrested

Gangrene



Fungal Infections



Blood Poisoning

* Whilst it is unlikely,
there is still a risk of
overdose when
smoking heroin

COMPARING THE DANGERS

WARNING

There is no such thing as a safe way to use heroin. Heroin is an extremely dangerous and addictive drug. If you smoke heroin for long enough you WILL become addicted, it might take a day or it might take a year but sooner or later you'll be hooked and it'll be too late. Once trapped in the cycle, the average length of time to be addicted to heroin is around 15 years. *That's 15 years spent chasing your next hit.* Smoking heroin for fun (perhaps to take the edge off a stimulant comedown or to cover a cannabis drought) could be the worst mistake you'll ever make.

Virtually everyone who starts to use heroin swears they will never pick up a syringe and inject themselves but once the claws of addiction are in place, most people eventually feel that they have no choice and that is where the problems really begin. Injecting street drugs is a dirty, damaging business that can kill, cause disease or maim.

The dangers listed opposite don't even begin to tell the whole story.

If you are thinking about using heroin DON'T. If you are already using heroin STOP while you still can. If you can't stop then AVOID USING A NEEDLE AT ALL COSTS and ask at your local drugs service for some help and advice.

WHY SMOKE?



Chasing on foil is a much, much safer way of using heroin. By NOT injecting you are far less likely to overdose, pick up an infection or suffer any other serious health problems.

"I'M RUNNING OUT OF PLACES TO DIG..."

This is your body screaming 'NO MORE!' Stopping injecting gives your body a chance to heal itself from all that needle damage. If you can't stop using altogether (or if you just don't want to) then switching to smoking or getting yourself a methadone script could well save your life and your health.

"I'M STARTING TO USE AGAIN AFTER A BREAK..."

If you haven't used heroin for some time — say after a prison sentence or a spell in treatment — it's much better to smoke the drug. Heroin tolerance drops quickly and you are at least 30 times more likely to go over after a break. It's far easier to control your dose by smoking than it is with injecting.

"IF I SMOKE I NEED MORE TO GET SORTED..."

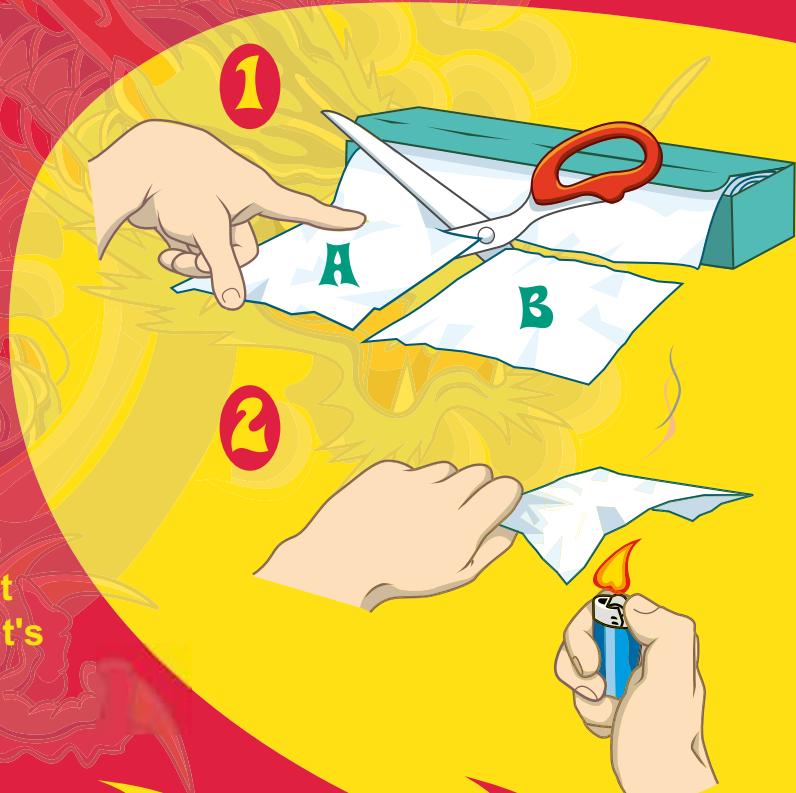
Chasing brown on foil is a skill but with a little practice, you'll waste less of the drug and need less to get sorted. Smoking is actually a very fast and efficient way of using heroin. Injecting might make a bag of brown go a little further but is it really worth all that risk and damage just to save a few quid?

GETTING STARTED

1 Cut or tear two square sheets of foil (use the length from your thumb to your forefinger to get the right size)

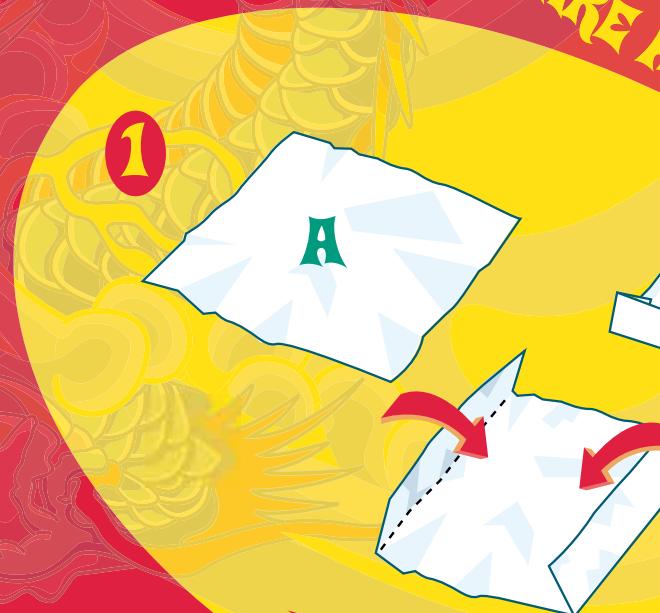
2 Heat BOTH sheets over a flame to burn off any harmful chemicals that might be on the foil

Use steel foil if you can find it and avoid cheap, thin foil — it's too weak for chasing



MOU TH TUBE

- 1 Smooth out a sheet of foil. Fold two sides of the foil inwards about half an inch from the edge. Fold in the other two sides as before
- 2 Press down the folds, turn the foil over (smooth side up) and roll it around a cigarette or a pen to make a tube
- 3 Shake out the cigarette and pinch the tube at its centre so that it holds together





A FOIL TUBE TO TOOT THROUGH

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SMOKE SHEET

- 1 Smooth out the second sheet of foil and fold it in half to make a triangle
- 2 Press the edge to get a sharp fold and fold the foil once again to make smaller triangle
- 3 Press the edge to get a sharp fold and open out the sheet
- 4 Finally: make another sharp fold about half an inch from the edge

FOLD CREESES

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A

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Experienced chasers often crease the foil as they smoke but making lines on the foil BEFORE you start makes it easier to run the bead and is the best way to learn

3
S IN THE FOIL TO RUN THE BEAD ALONG

2

3



HEATING

1 Make a little pinch in the corner of the foil and add the brown.

2 Heat the foil. Keep the foil/flame moving — the idea is to MELT the drug, NOT to burn it up.

PRACTISE!



Smoking heroin can be tricky so it's good to practise with something cheap. Sugar melts and runs in a similar way to brown heroin. Practise with sugar till you get it right but DON'T INHALE THE FUMES



Using a candle is good for learning to chase but otherwise you should only ever use a GAS LIGHTER. Matches and petrol lighters (like Zippos) give off bad fumes



CHASING

1 Tilt the foil and run the molten bead along the lines. Chase the bead with the flame — but don't get too close. Inhale the vapours as they are released

2 Run the bead slowly but keep it moving so it doesn't burn

3 Keep following the lines until the bead is gone

FOLLOW THE BEAD





Most smokers prefer to chase with a gas lighter but using a candle leaves another hand free to hold the foil and can make things easier when you're starting out.



& UNHALE THE SMOKE

2



3



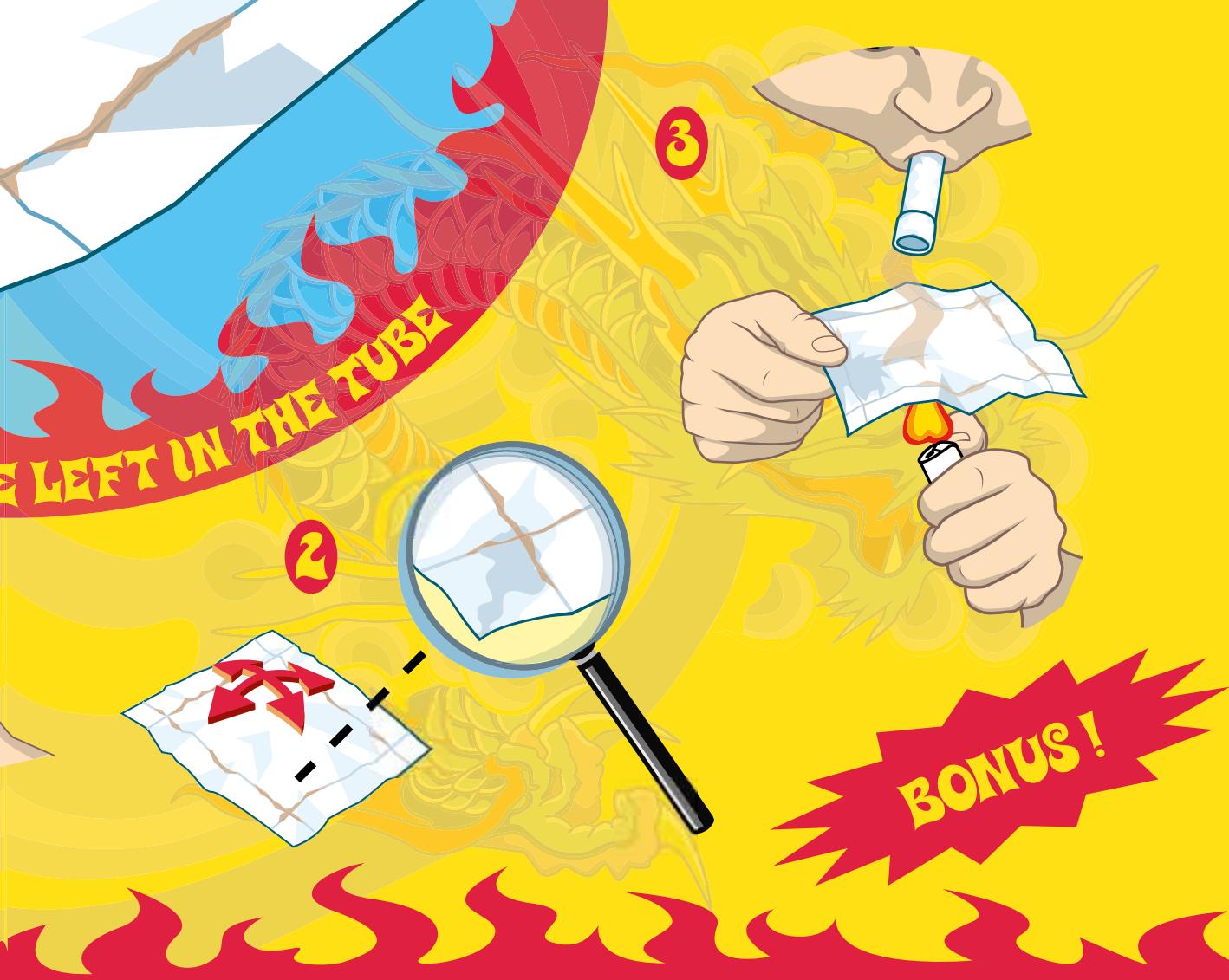
PRACTISE!

SECONDS !

- 1 When you have finished, unfold your used smoking tube and check out the creases
- 2 Heroin residue will have collected on the foil during your smoke. This stuff is very pure, very strong and **YOU CAN SMOKE IT!!**
- 3 Roll up another smoking tube and toot the residue

SMOKE THE RESIDUE





LEFT IN THE TUBE

3

2

BONUS!

For Further Information

[D7
0704] lifeline | publication guidelines

[>] aims

To provide information for current injectors in a predominantly graphic format that is accessible to those with lower levels of literacy. It includes a step-by-step guide to smoking heroin in order to encourage injectors to switch to smoking and prevent drug-related death by reducing the risk of overdose for those injectors returning to use following a break.

[>] audience

Injecting drug users. Use with under 16's with support (see catalogue or web site).

[▼] content

No swearing, illustrations of drug use.

[£] funding

Self-financed.

TOOT DON'T SHOOT

